

Maine CDC/DHHS Update on 2009 H1N1 Influenza Virus January 14, 2010

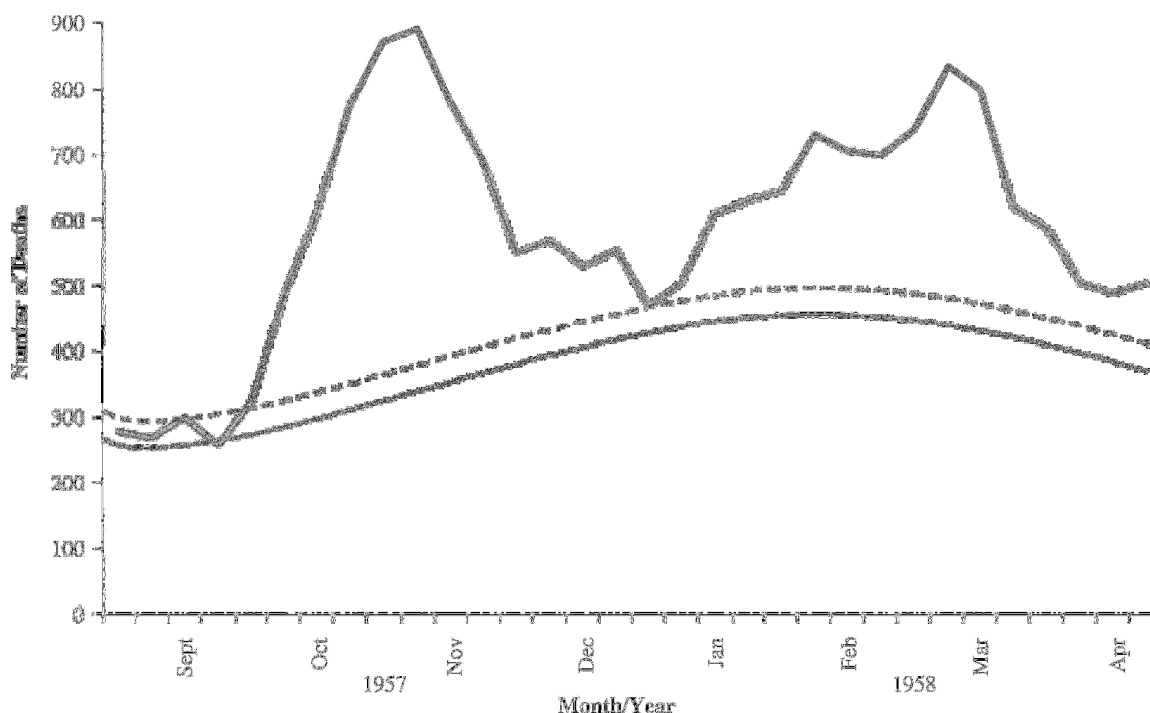
Earthquake Preparedness: Here is an excellent website with information about what to do if you're in an earthquake as well as some specific information about people in or traveling to Haiti: <http://emergency.cdc.gov/disasters/earthquakes/>.

Flu Activity in Maine and the US

We continue to see H1N1 in Maine, including three new hospitalizations this week – one in a child younger than 5, another child younger than 18, and an adult in the 50-64 age range. There was also an outbreak of H1N1 at a long term care facility. Although H1N1 flu activity has decreased in Maine in recent weeks, there have been increases in H1N1 illness in other areas of the U.S.

Many people are still susceptible to this virus and would benefit from vaccination. Being vaccinated not only protects you, but it helps protect the people around you who are more likely to suffer serious complications from the flu.

Flu is unpredictable, but it often comes in waves. Below is the epidemiological curve of deaths during the 1957 pandemic. There was a mild surge in the spring of 1957, followed by a large surge in the fall, another large one in the winter of 1958, and others following that with the virus circulating for several years. All pandemics are different, but most have multiple waves of illness and death.



H1N1 Vaccine Supply

There is now plenty of vaccine in Maine, so it's an excellent time for people who have not been vaccinated against H1N1 and seasonal flu to do so before the next wave of disease. Nearly 800,000 doses of H1N1 vaccine have been distributed statewide since October. Close to 500 health care providers in the state have received H1N1 vaccine. Call your health care provider, or get the list of public vaccine clinics by calling 211 from 8 a.m. to 8 p.m. or visiting www.maine flu.gov (all clinics posted in bold are free).

Maine CDC recommends that health care providers offer H1N1 vaccine to every patient at every visit, every hospitalization, or other health care encounter, assuming contraindications do not exist.

Treatment Recommendations

Maine CDC issued a health alert on Jan. 11 to reinforce recommendations for early treatment of patients with increased risk of complications from influenza. Early treatment for influenza may prevent secondary bacterial infections. This alert can be viewed here: <http://www.maine.gov/tools/whatsnew/index.php?topic=DHHS-HAN&id=88550&v=alert>

If you think you have the flu, cannot reach your doctor, and your health plan does not have a nurse call line available, you may call 2-1-1 from 8 a.m. to 8 p.m. to be connected with a health professional who can assess your symptoms.

Information for People with Chronic Underlying Health Conditions

Pneumonia, bronchitis, acute respiratory distress syndrome, sinus infections and ear infections are examples of flu-related complications. The flu can also make chronic health problems worse. H1N1 has caused more deaths among adults with chronic medical conditions than in any other group. All 18 H1N1-related deaths in Maine have been in adults with chronic underlying conditions.

If you have a [high-risk condition](#), getting vaccinated is the single best action you can take to protect yourself from the flu. Still, most adults with high-risk conditions have not been vaccinated yet. Many people in these groups do not realize that their medical conditions increase their risk. The following conditions put people at risk for flu-related complications:

- asthma;
- heart disease
- chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis);
- diabetes and other endocrine disorders;
- neurological or neurodevelopmental disorders, and especially those that affect lung capacity (muscular dystrophy, cerebral palsy, strokes, etc);
- blood disorders, such as sickle cell disease;
- kidney and liver disorders;
- weakened immune system due to disease or medication, such as HIV/AIDS, cancer, or steroids;
- long-term aspirin therapy in people younger than 19.

If you have a chronic health condition and have not yet received your vaccine against H1N1, get one now. Contact your health care provider, specialist, call 2-1-1 from 8 a.m. to 8 p.m. for a list of public clinics, or check www.maineclu.gov (clinics listed in bold are free).

If you have an underlying health condition and experience flu-like symptoms, contact your health care provider immediately to receive a prescription for antiviral medications (such as Tamiflu®).

Billing for Vaccine Clinics

We encourage health care providers to seek reimbursement from insurers for administering H1N1 vaccine. Roster billing and other such information is available at: <http://www.maine.gov/dhhs/boh/maineclu/h1n1/health-care-providers.shtml>.

Updates from Federal Partners

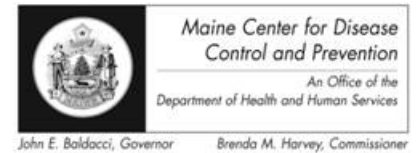
- This MMWR describes an outbreak of H1N1 in a Hawaiian school in May:
http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5851a3.htm?s_cid=mm5851a3_e
- This MMWR describes people hospitalized due to H1N1 in New York City in May:
http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5851a2.htm?s_cid=mm5851a2_e

How to Stay Updated

- **Flu News:** View current Maine CDC press releases, weekly updates, and urgent updates from our Health Alert Network (HAN) by visiting: <http://www.maine.gov/dhhs/boh/maineflu/flu-news.shtml>. RSS feeds are available for the weekly updates and HAN.
- **Follow Maine CDC's Social Media Updates:**
 - **Facebook** (search for "Maine CDC")
 - **Twitter** (<http://twitter.com/MEPublicHealth>)
 - **MySpace** (www.myspace.com/mainepublichealth)
 - **Maine CDC's Blog** (<http://mainepublichealth.blogspot.com>)
- **For clinical consultation, outbreak management guidance,** and reporting of an outbreak of H1N1 call Maine CDC's toll free 24-hour phone line at: 1-800-821-5821.
- **For general questions:**
 - call **2-1-1** from 8 a.m. to 8 p.m. seven days per week
 - e-mail flu.questions@maine.gov

Maine Weekly Influenza Surveillance Report

January 12, 2010



Cumulative data since April 27, 2009

- 2,228 lab tested cases of H1N1 to date
 - 229 Maine residents have been hospitalized
- 18 deaths reported to date
- 88% of lab confirmed H1N1 cases in Maine residents are under the age of 50 (range 0-89 years, mean of 22 years)

New* This Week

- Federal Flu Code: Regional
 - 6 new confirmed and probable cases of H1N1 this week
 - 3 new hospitalizations
 - 1 new outbreak, in a long term care facility
- * "New" defined as reported during the previous week (Sunday through Saturday)

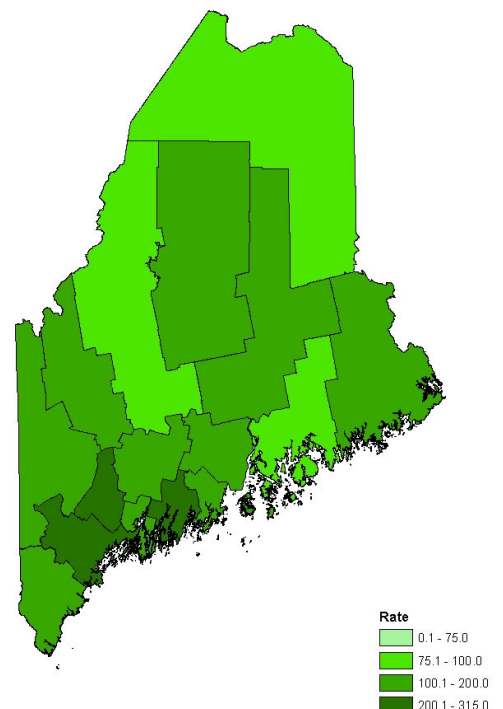
Characteristics of Lab Confirmed H1N1 Influenza Cases - Maine Residents, 2009 - 10

Age		At Risk					Hospital Care			Deaths		
Age Group	#	New	HCW	New	Pregnant	New	Hospitalized	New	ICU	New	#	New
<5	246	1	0	0	0	0	28	1	4	0	0	0
5 to 18	1016	2	1	0	0	0	30	1	6	0	0	0
19 to 24	220	0	11	0	8	0	15	0	2	0	1	0
25 to 49	478	1	36	0	23	0	61	0	15	0	2	0
50 to 64	207	2	15	0	0	0	64	1	24	0	7	1
≥65	61	0	0	0	0	0	31	0	10	0	8	0
Total	2228	6	63	0	31	0	229	3	61	0	18	1

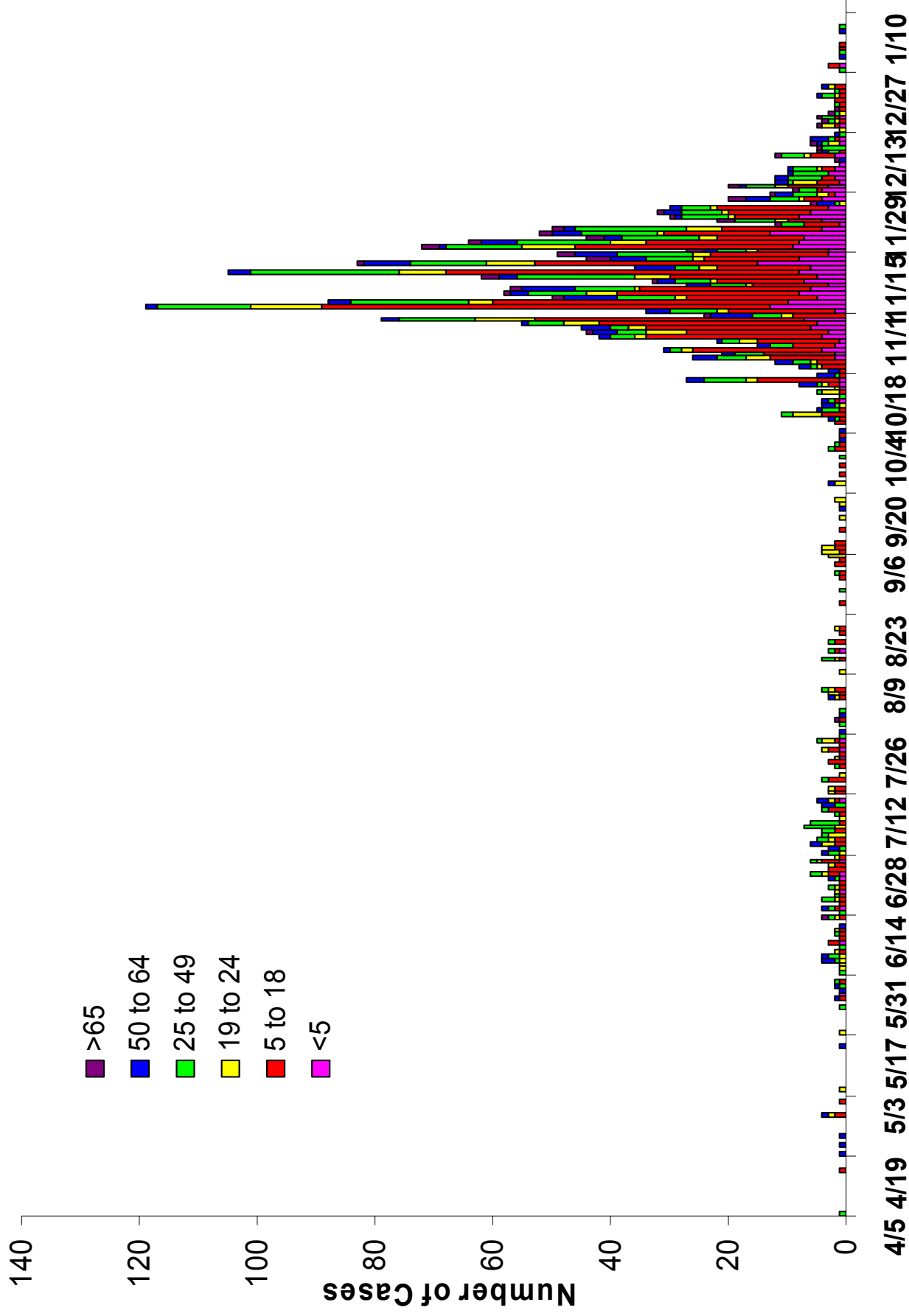
Lab confirmed H1N1 Influenza Cases by County – Maine Residents, 2009 - 10

County	Maine Residents	New	Hosp	New
Androscoggin	232	1	30	0
Aroostook	60	0	7	0
Cumberland	642	0	37	0
Franklin	30	0	8	0
Hancock	47	0	7	0
Kennebec	156	0	18	0
Knox	43	2	6	0
Lincoln	104	0	1	0
Oxford	66	0	8	0
Penobscot	295	0	49	0
Piscataquis	21	1	8	1
Sagadahoc	40	0	0	0
Somerset	47	1	6	1
Waldo	43	0	2	0
Washington	62	1	8	1
York	340	0	34	0
Total	2228	6	229	3

Lab Confirmed H1N1 Infections per 100,000 People by County - Maine Residents, 2009 - 10



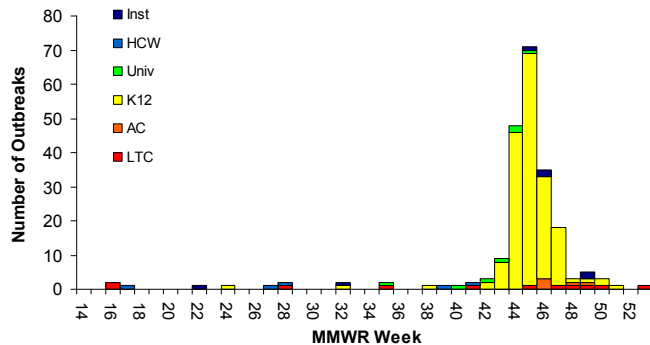
Confirmed Cases of H1N1 Influenza By Onset Date* and Age Group – Maine Residents, 2009 – 10



*if onset date is not available, the date reported to the state is used as the onset date

Influenza-Like Illness Outbreaks – Maine, 2009 - 10

Influenza-Like Illness Outbreaks by Facility Type - Maine, April – present, 2009 - 10



Outbreak Facility Type Key:

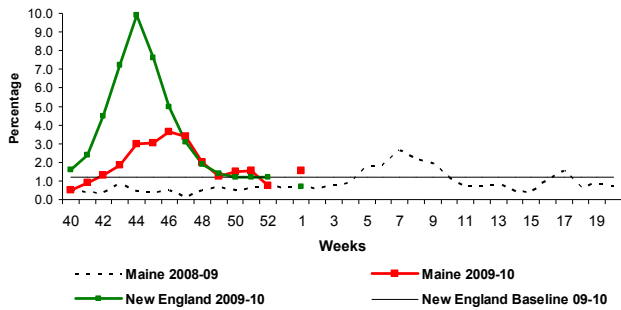
LTC - Long Term Care Facility
AC - Acute Care Facility (nosocomial)
K12 - School (K-12) or daycare
Univ - School (residential) or University
HCW - Health care workers
Inst - Other institutions (workplaces, correctional facilities etc)

Influenza-Like Illness Outbreaks by Facility Type and County - Maine, April – Present, 2009 - 10

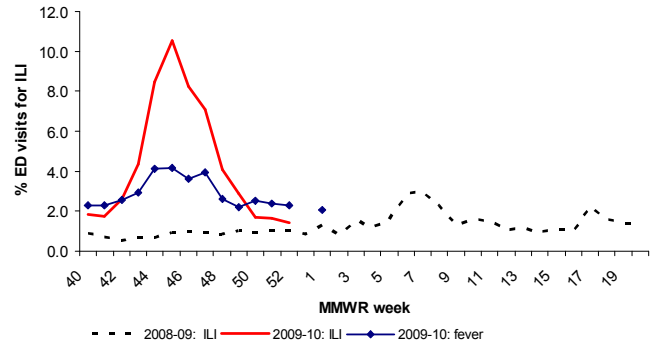
County	LTC	New	AC	New	K12	New	Univ	New	HCW	New	Inst	New
Androscoggin	0	0	2	0	18	0	1	0	0	0	0	0
Aroostook	0	0	1	0	12	0	0	0	0	0	0	0
Cumberland	1	0	2	0	15	0	1	0	1	0	2	0
Franklin	1	0	0	0	0	0	1	0	0	0	0	0
Hancock	0	0	0	0	9	0	0	0	0	0	0	0
Kennebec	1	0	0	0	25	0	0	0	1	0	0	0
Knox	0	0	0	0	4	0	0	0	0	0	0	0
Lincoln	1	0	0	0	6	0	0	0	0	0	1	0
Oxford	2	0	0	0	9	0	1	0	0	0	0	0
Penobscot	0	0	0	0	34	0	0	0	0	0	3	0
Piscataquis	0	0	0	0	5	0	0	0	0	0	0	0
Sagadahoc	0	0	0	0	3	0	0	0	0	0	0	0
Somerset	1	1	0	0	8	0	1	0	1	0	0	0
Waldo	0	0	0	0	9	0	0	0	0	0	1	0
Washington	1	0	0	0	8	0	1	0	0	0	0	0
York	3	0	0	0	14	0	1	0	0	0	1	0
Total	11	1	5	0	179	0	7	0	3	0	8	0

Surveillance Information

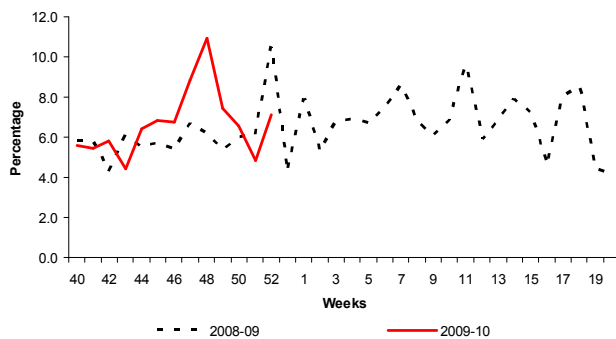
Outpatient Visits for Influenza-like Illness – Maine, 2008-10



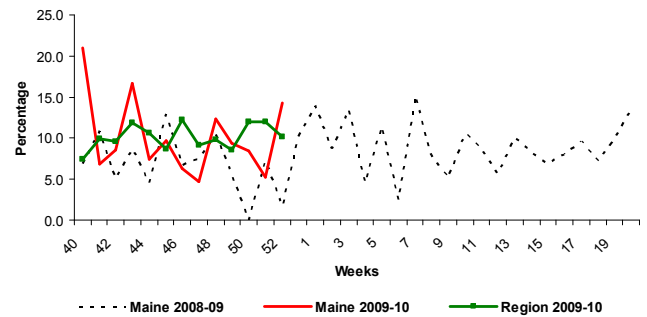
Emergency Department Visits for ILI and Fever at Thirteen Hospitals – Maine, 2008 -10



Hospital Admissions Due to Pneumonia or Influenza – Maine, 2008-10



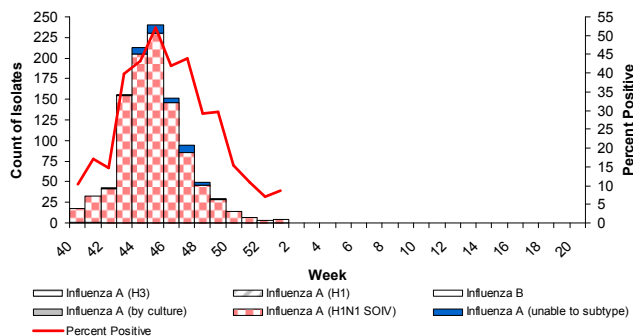
Percentage of Deaths Attributable to Pneumonia or Influenza – Maine, 2008-10



Lab Data

- 7,735 influenza tests have been performed at HETL since April 27, 2009
 - 18.2% of tests have been positive for H1N1

Respiratory Specimens Positive for Influenza from HETL – Maine, 2009-10



Respiratory Specimens Positive for Influenza from Two Reference Laboratories - Maine, 2009 - 10

